As we have been learning, people bounce back from difficulties or setbacks depending on certain positive attitudes they can develop. Some of these attitudes are shown in the questions below.

Mark your answers with a tick in the box, according to how you honestly feel about yourself. Celebrate your Always and Most times answers. Think about how you can change the answers in the Sometimes and Never boxes.

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|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | ALWAYS | MOST TIMES | SOME  TIMES | NEVER |
| 1. I can stay relaxed and calm under pressure. |  |  |  |  |
| 2. I calm myself quickly when I get angry or upset. |  |  |  |  |
| 3. I can pull myself together quickly after a setback. |  |  |  |  |
| 4. I know how my behaviour can affect others. |  |  |  |  |
| 5. I listen to others without jumping to conclusions. |  |  |  |  |
| 6. I stay focused in getting a task done. |  |  |  |  |
| 7. I keep trying again when I don’t succeed at first. |  |  |  |  |
| 8. I can receive criticism without becoming upset. |  |  |  |  |
| 9. I can talk honestly to people I trust when I need help or find myself in a difficult situations. |  |  |  |  |
| 10. I can admit mistakes when I make them. |  |  |  |  |
| 11. I stay committed to my goals. |  |  |  |  |
| 12. I’m confident about my ability to succeed. |  |  |  |  |
| 13. I’m ready to help others when they need help. |  |  |  |  |
| 14. I’m able to control my behaviour when I’m very upset. |  |  |  |  |